

Woman's Page

How to Fight the High Cost of Living

Simple Wholesome Foods Should Be the Summer Diet—Iced Tea Hopeless—Chills the Stomach and Is Too Astringent—Iced Beverages and Dishes Often Cause Fatal Acute Indigestion—Fruits Cooling and Thinning to the Blood—Plenty of Greens Should Be Eaten—Sewing Room Tips—Ointment and Creams—Treatment for Acne.

WHOLESOME FOOD

The far-sighted business woman looks well to her summer diet. She does not give her appetite the same free lance, in a measure, which she enjoys in winter. She must balance it so that while it proves nourishing, it is easily digested and does not overheat the blood.

For this reason meat is excluded entirely or eaten sparingly several times a week. Starchy foods and sweets are limited in their indulgence. Pastry is cut out; fruit tarts may be substituted occasionally.

Very little oil is taken in salad dressing; lemon or cream dressing is preferred.

Heavy, rich foods not only heat the blood, causing blotches, but impart a certain greasiness which powder fails to hide.

Iced beverages and dishes are very tempting, but ruinous to the stomach, and in many cases cause acute indigestion, which is becoming more fatal every year.

Sea foods are wholesome, when baked or boiled especially, but it is a daring soul who will indulge her palate in lobster or soft shell crab and then choose a dessert of fancy ice or cream. Such a combination is likely to be followed by a call from a doctor, post-haste.

Iced tea is hopeless, even for a strong digestion. It not only chills the stomach, but is far too astringent in its action.

Water and buttermilk, chilled but not ice cold, are safe, with no ill returns; these, however, should not be taken when overheated, as the sudden cold may cause congestion and a chill.

Fruits are generally pleasing to most people, and their juices are cooling and thinning to the blood.

Plenty of greens, as lettuce, water-cress, endive and romaine, should be eaten generously, as well as fresh vegetables generally.

Custards, puddings and fruits and leas or cream in moderation, as desserts should take the place of rich pastries and sweets.

TREATMENT FOR ACNE

A thin condition of the blood, indigestion or a skin weakness may be the cause of acne, and because of the different origin it is sometimes necessary to try several different applications before one that will cure is found. A formula that has eradicated the spots from many complexions is made from one gram of betanaphthol, with ten grams each of sulphur precipitate and potash soap. These are worked into a smooth paste and massaged into the skin at night. Before opening the eruptions the places must be soaked in hot water to soften the skin, and when the matter has been gently pressed out the ointment is applied.

SPECIAL OINTMENT AND CREAMS

For that red and wrinkled appearance which follows tan and sunburn, the following is very excellent: Muriate of ammonia, one teaspoonful; aromatic vinegar, one tablespoonful; tepid water, one quart.

A good ointment for tan and sunburn that is lightly applied to the surface is composed of: Sublimed sulphur, 1-2 dram; carbonate of zinc,

one dram; ointment of zinc, one ounce.

As for special creams, mildly bleaching and refining to the skin, cucumber, elderflower and almond creams are delightful and included among standard preparations. Creams of lotions containing peroxide of hydrogen, benzoin, citric acid, almond oil, elderflower water and glycerine and boric acid are alike bleaching in their action and well adapted to restore the sun-dyed skin to its former beauty.

When the nails have been neglected, it is well to have them manicured every week until they are in good condition, when daily personal attention will keep them attractive and shapely.

SEWING ROOM TIPS

When setting on a collar-brand, ease the collar well across the shoulder seams, or, rather, hold the neck of bodice tightly and the band loosely. When sewing in sleeves, hold the sleeve side of the seam towards you when tacking in and stitching.

Always shrink braid before using it for trimming wash dresses.

SUPPORT GIRL STRIKERS

St. Louis, June 23.—The Central Trades and Labor union yesterday voted both its moral and financial support to the strike of the switchboard operators of the Bell Telephone company. The Bridge and Structural Iron Workers union No. 18 notified all of its members that they must order out the telephones of the Bell company. Should any of its members use a Bell telephone they will be subjected to a fine of \$10.

NOTICE.

TO whom it may concern: My wife having left her home without any cause, in the future I will not be responsible for any bills contracted by her in my name. Conrad Bruestle.

Free Dance at Hermitage Tonight.

ROBBERS KILL MAN AND WIFE

Dublin, Ga., June 23.—J. T. Hewell, aged 53, a merchant of the near by town of Long Branch, was called from his bed yesterday and murdered by robbers, who also shot and killed his wife when she followed him to the door. Bloodhounds led the sheriff's posse to the cabin of three negroes, who were hurried by train to Macon, under heavy guard, for safe keeping.

The sheriff found that the house had been thoroughly ransacked and all valuables taken.

SHIFTING THE RESPONSIBILITY.

Miss Rocksey—Oh, papa, why do you wish me to marry the kind of man who can get money out of the other fellow?

Old Rocksey—Because, dear, then he won't be trying to get it out of me.—From Judge.

Spooney lovers make a stir in public.

REPLIES TO GOV. SULZER

Charles F. Murphy Says New York Executive Is "Absolutely in Error" in His Accusation Against the Tammany Leader

New York, June 23.—Charles F. Murphy, leader of Tammany Hall, in a statement last night declared that Governor Sulzer was "absolutely in error" when he accused Mr. Murphy "of being a party to any so-called conspiracy to discredit the governor."

Murphy replied also to other assertions regarding him made by Governor Sulzer at Albany Saturday night. "It is," he says, "Mr. Murphy's statement adds, 'detectives have been engaged in scouring the country in quest of something reflecting on his record. I knew nothing of it until he, himself, imparted the information. In deed, all his other allegations concerning me were just as false and absurd, and he knows it.'"

While he was in Albany attending the meeting of presidential electors, Mr. Murphy says Governor Sulzer sent a messenger asking for an appointment. "I said I would have to decline to meet the governor unless the messenger or some other third party would sit in the room and listen to the conversation, that I would not trust myself alone, because I believed the governor would not hesitate to swear my life away if he found it to his political advantage to do so. Subsequent events have confirmed my judgment."

Regarding a later meeting he had with the governor in this city, the Tammany leader says the appointment was sought by the executive. "I made no proposition of any kind character at that interview," the statement adds. "If I have ever made a dishonest or dishonorable proposition to William Sulzer at any time since the first day he knew me let him make it known to the public. There is nothing that I want concealed. His charge that I in any way interfered in the Sullivan case is on a par with his other misstatements. Furthermore, he has known me for nearly thirty years, and I challenge him to reveal anything that he knows about my public or private life that will reflect upon my integrity."

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BANKERS AND CURRENCY BILL

New York, June 23.—Eleven of the fifteen members of the currency commission of the American Bankers' association, whose views on numerous problems were made known in a statement they gave out Saturday night, were in conference at an uptown hotel today with the currency bill recently framed and sent to the subject of consideration.

United States Senator Robert L. Owen, chairman of the senate committee on banks and currency, who will have the new bill in charge in the upper branch of congress, was in the city and was reported to have attended the conference. The senator recently framed and sent to the subject of consideration.

Senator Owen was reported to have outlined the attitude of the administration on currency legislation and to have indicated that full investigation would be given any suggestions bankers might give upon the subject.

Do you know about the many new attractions for the children at The Hermitage?

POPE MAY HAVE PINE FOREST SOON

Rome, June 23.—Owing to the precarious health of the pontiff after his recent illness, it is understood, negotiations are now going on between the Holy See and Prince Torlonia for the purchase of a pine wood owned by the prince, which lies close to the Vatican garden. This wood can be reached either by means of an underground passage or an archway and would enable the pope to enjoy a very much larger area for his walks.

FOREIGNERS TAKE FARMERS PLACES

Washington, June 23.—While committees of both houses of congress are preparing to press immigration reforms at the next session, Speaker Clark is giving attention to the other side of the question. Emigration, the speaker said in a statement last night, costing the United States millions of dollars a year in actual money, aside from the loss involved in giving up a real American to be replaced by a foreign immigrant.

"It is high time," said Mr. Clark, "that more attention be paid to the influence of immigration upon our future race. These Americans who are leaving us understand our institutions, our ways and our aspirations, while most of the immigrants into this country have to be taught these things."

In one week not long since, 1,845 American farmers, with \$383,500 in cash and \$145,000 in personal property crossed into western Canada to settle permanently in British North America. That's an average of \$238 per capita, and that week was below the weekly average into that region alone. How many go to other countries, I do not know.

"These emigrants are among our best citizens. I am personally acquainted with two hundred or three hundred of them. There is not a bad or shiftless man in the lot. They are seeking to better their conditions. They almost invariably take their families with them. The principal rea-

son they expatriate themselves is the lure of cheaper lands and less stringent land laws as to homesteading, etc."

"Congress should make our homestead conditions as easy as possible, compatible with safety, and should include the area for home building by judicious encouragement of both irrigation and drainage. A statistician has figured out that the average adult citizen is of the money value of \$1,000 considered solely as an asset to the country. If that is true, the 1,845 American farmers who crossed the Canadian border depleted the assets of the republic that week by 42 would make the grand annual total of loss to the republic \$123,682,000, gone to Canada alone."

Free Concert at the Hermitage every afternoon and Sunday evenings.

REBELS SURROUND FEDERAL TROOPS

Nogales, June 23.—General Ojeda's federal column advancing toward Hermosillo is surrounded completely by insurgent state troops, said yesterday's official state dispatches received here. It was asserted that the federal armored troop train was stranded between burned bridges and that the government troops were on the defensive. Fifty federal soldiers who left Guaymas to reinforce Ojeda's group were met and routed by state troops at Empalme late yesterday.

Nothing was said in today's dispatches regarding the operators of Didier Masson, the aviator who yesterday dropped bombs over Guaymas and the federal gunboats lying in the harbor. Advice received here said that the fighting had not been continued since dark last night. Federal officials said that Masson has had no success with his war biplane and deny the report that he flew over Guaymas harbor. They say the French aviator only once within the last week succeeded in rising to a sufficient height to attempt flight over the federal lines and on this occasion it was said a hot machine gun fire drove him back.

Colored people's dance at The Hermitage, on June 26. Come and see the fun.

POEMS ON THE BEAUTIFUL ROSE

June is the world's month of roses, and Ogden could be known as a city of roses if care were taken with them for their bloom here perfectly.

Sunday is rose Sunday in some of the churches and as the rose has been the theme of many of the world's best poets, here is given a few of the better poems not commonly known: "Gather ye rosebuds while ye may. Old time is still a-flying; And this same flower that smiles to-day, Tomorrow will be dying"—Herrick.

Oh, fair off rose of long ago, An hour of sweet, an hour of red, To live to breathe and then to go Into the dark ere June was dead!

Why say they: "Roses shall return Every year as years go on? New springtime and strange bloom my rose And alien June; but thou are gone."

Thy span of life was all too short A week or two at best— From budding time through blossoming To withering and rest.

Yet compensation hast thou—aye For all thy little woes, For was it not thy happy lot To live and die a rose?"—Bangs.

The rose in the garden slipped her bud, Then she laughed in the pride of her youthful blood, As she thought of the gardener standing by, He is old—so old, and he soon must die, The full rose waxed in the warm June air, And she spread and spread 'till her heart lay bare; And she laughed once more as she heard his tread, "He is older now! He will soon be dead."

But the breeze of the morning blew, and found, The leaves of the blown rose strewn the ground, And he came at noon, that gardener old, And he raked them gently under the mould, And I wove the thing to a random rhyme.

For the rose is beauty; the gardener, time.—Dobson.

I own in a garden olden— Just where, I do not know, A buttercup all golden Chanced near a rose to grow; And every morning early, Before the birds were up, A tiny dewdrop pearly Fell in this little cup.

This was the drink of water The rose had every day; But no one yet has caught her While drinking in this way, Surely it is no treasure yet, For that nectar be the reason Her lips with dew are wet.—Sherman.

The Rose and the Root. The rose aloft in sunny air, Beloved alike by bird and bee, Takes for the dark root little care That tolls below it ceaselessly.

I put my question to the flower, Pride of the summer, garden queen, Why livest thou thy little hour? And the rose answered, "I am seen."

I put my question to the root, I mine the earth content," it said, A hidden miner underfoot, I know a rose is overhead."—Platt.

Go, Lovely Rose! Tell her that wastes her time and me That now she knows

10 Day's Shoe Sale

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For 10 Days Only During the Sale

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When I resemble her to thee, How sweet and fair she seems to be. Tell her that's young And shuns to have her graces spied In deserts, where no men abide. Thou must have uncommended died.

Small is the worth Of beauty from the light retired. Bid her come forth, Suffer herself to be desired, And not blush so to be admired.

Then die that she, The common fate of all things rare, May read in thee How small a part of time they share That are so wondrous sweet and fair.—Waller.

INJURED IN AN AUTO ACCIDENT

Quincy, Mass., June 23.—Beneath an automobile overturned in a ditch in Braintree, a trolley car conductor early today found the body of Alton Tripp, 21 years old, and lying nearby his companion, Daniel Dowling, in a semi-conscious condition. The automobile was one of two which had been stolen during the night from a Nantasket garage while a fire was in progress. According to Dowling, who is the dangerous list at the Quincy hospital with a fractured skull, he and Tripp were at a hotel in Nantasket when invited by a stranger to ride in the automobile. The driver of the car, the man supposed to have stolen it, is believed to have escaped unhurt.

READY-MADE HOME.

Her suitor—I wish to marry your daughter, sir. Her dad (sternly)—My daughter, sir, will continue under the parental roof. Her suitor—Well, sir, the parental roof looks good to me.—Boston Transcript.

BOOTBLAKS TAKE DAY OFF

New York, June 23.—More than ten thousand bootblacks in and around this city laid down their brushes and folded their shining cloths at 3 o'clock yesterday afternoon and called it a week. After that hour a shine or polish was unobtainable. It was the first official act of the newly organized bootblacks union.

The bootblacks explained that they were prompted in fixing an early closing hour on Sunday afternoon because it was the only opportunity of the week for them to have a few hours recreation.

WET AND DRY FORCES WORK HARD AT TOOEE

Tooele, June 22.—Wet and dry forces are marshaling their best strength for the election to be held here this week on the question of whether saloons shall be licensed or not. Ad dresses were made here today by Mrs. Lulu L. Shepard and B. F. Grant of Salt Lake in favor of a dry town while Rev. R. J. Patterson of Belfast, Ireland, will speak here tomorrow evening. Tuesday night, Rev. J. A. Homan will give a lecture on "Why Prohibition Fails."

AMERICA SAVANT LIONIZED IN PARIS

Paris, June 22.—Dr. Alexis Carrel of the Rockefeller institute of New York is the lion of the day in Paris. Another large and excited audience today attended his illustrated lecture in the hall of the horticultural society. Biologists and surgeons, savants and fashionables fought for admission and when at the end of his lecture Dr. Carrel demonstrated that the detached organs of a cat, the heart, lungs, thorax, abdomen and intestinal tube could continue to act normally, colic thrills ran up and down the spines of the spectators.

The singular modesty and impersonality of Dr. Carrel helped to impress Parisians who look upon him as a successor of Pasteur. Dr. Carrel paid high tribute to Americans at the

expense of his own countrymen. He said: "You do not know how to construct. On the contrary I find every one in America is receptive to constructive ideas and full of enthusiasm. American savants love science for its own sake."

Without raising his voice above normal Dr. Carrel proclaimed his faith in the efforts of humanity to regenerate all withering things.

"Nations are cured and revived like men," said Dr. Carrel. "In one generation, if the French but willed, they could entirely make over France."

MOTHER OF SEVEN, 24 YEARS OLD, IN ASYLUM

Butte, Mont., June 22.—Only 24 years of age, and yet the mother of seven children, all boys, Mrs. Olga MacFarlane has been ordered committed to the insane asylum for treatment. She says that she is unable to combat the morphine habit without aid.

Mrs. MacFarlane, at her examination here, told the insanity board that she was married when she was 13 years of age, bore her first child at the age of 14, and had three sets of twins. Her husband died a year ago. She has been making a living for her family by laundry work.

Mrs. MacFarlane was an inmate of the asylum some three years ago, undergoing treatment for the drug habit at that time. She recently underwent an operation for removal of a blood clot from her throat, the clot being said to be due to swallowing a hypodermic needle.

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